

Name of Child Care Provider: _____

Standard Infant Menu

Iron-fortified infant formula: _____

<u>Birth to 3 Months</u>			
Breakfast, Lunch or Supper, and Snack: Iron-fortified infant formula or breast milk <i>(Required)</i>			
<u>4-7 Months</u>			
Breakfast: Iron fortified infant formula or breast milk <i>(Required)</i> For babies eating solid foods: Iron-fortified infant cereal	Snack Iron-fortified infant formula or breast milk <i>(Required)</i>		
Lunch or Supper: Iron-fortified infant formula or breast milk <i>(Required)</i> For babies eating solid foods: Iron-fortified infant cereal A variety of pureed vegetables and fruits: <table style="width: 100%; border: none;"> <tr> <td style="vertical-align: top;"> <ul style="list-style-type: none"> • Green beans • Carrots • Squash • Peas • Potatoes • Sweet Potatoes </td><td style="vertical-align: top;"> <ul style="list-style-type: none"> • Applesauce • Pears • Bananas • Peaches • Prunes </td></tr> </table>		<ul style="list-style-type: none"> • Green beans • Carrots • Squash • Peas • Potatoes • Sweet Potatoes 	<ul style="list-style-type: none"> • Applesauce • Pears • Bananas • Peaches • Prunes
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<u>8 to 11 Months</u>			
Breakfast: Iron-fortified infant formula or breast milk <i>(Required)</i> Iron-fortified infant cereal <i>(Required)</i> A variety of fruits and vegetables of an appropriate texture and consistency <i>(Required)</i>	Snack: Iron-fortified infant formula or breast milk or 100% Fruit Juice <i>(Required)</i> For babies eating bread products: Small strips or pieces of dry bread or toast or Small pieces of plain low salt crackers or Graham crackers made without honey or Small pieces of soft tortilla or soft pita bread or Teething biscuits		
Lunch or Supper Iron-fortified infant formula or breast milk <i>(Required)</i> <table style="width: 100%; border: none;"> <tr> <td style="vertical-align: top;"> A variety of pureed vegetables and fruits: <i>(Required)</i> <ul style="list-style-type: none"> • Green beans • Carrots • Squash • Peas • Potatoes • Sweet Potatoes </td><td style="vertical-align: top;"> Choice of infant cereal OR meat/meat alternatives <i>(Required)</i> <ul style="list-style-type: none"> • Variety of meats, poultry (cooked plain or from a jar) • Fish-cooked plain, boneless • Egg yolk-hard cooked • Dry beans and peas-cooked plain • Cheese, regular plain-sliced thin or thin strips • Cottage cheese </td></tr> </table>		A variety of pureed vegetables and fruits: <i>(Required)</i> <ul style="list-style-type: none"> • Green beans • Carrots • Squash • Peas • Potatoes • Sweet Potatoes 	Choice of infant cereal OR meat/meat alternatives <i>(Required)</i> <ul style="list-style-type: none"> • Variety of meats, poultry (cooked plain or from a jar) • Fish-cooked plain, boneless • Egg yolk-hard cooked • Dry beans and peas-cooked plain • Cheese, regular plain-sliced thin or thin strips • Cottage cheese
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